STRESS MANAGEMENT FOR TEACHERS

by:

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Stress in the teaching profession is inevitable. Teachers need to deal regularly with students’ not so much good behavior, make up with loads of paper works, and lessons that need to be prepared and studied. Teachers’ capability to cope with stress makes the difference on how a long and tiring career could turn to be rewarding. Stress management is a skill that would help teachers prevent exhaustion and burn-out. There are ways and strategies teachers may perform to better deal with stress.

Breathing exercises is a simple way to relieve stress. Long hours of standing, moving and speaking can make your muscles tense and hard. Breathing helps more oxygen reach the stressed muscles and relaxed. Breathing exercises helps lower physical stress and regain control. When stress, take time to breathe deeply by putting your hands on your stomach and exhale evenly for four seconds. Keep this exercise for five minutes.

Our mind set and perceptions about stress affects how we feel about it. Some considered stress as force that drives them to do more or look for possible options and solutions. Some considered stress as a negative energy that will make them feel weak. According to McGonigal (2015) teachers should view stress in constructive ways for this perception affects how the body respond and deal with stimulus. Closing your eyes for few seconds and telling yourself with the simple phrase like “I can handle this” helps reframe your mindset and adapt positively with stress.

Don’t hurt your emotion whenever stress comes in. Stop beating one’s self instead cheer up yourself. Guy Winch (2014) suggested that we should not deepen the physical stress with emotional wound. Teacher, after school, should break the negative patterns of
thoughts and avoid bringing the classroom work at home. Do not let the mind abuse the body.

Be grateful and appreciate every little thing in your surroundings even if the luck didn’t turn on you. The determination to see the opportunity helps teachers move in a new direction. Avoid dwelling with the exhausting situations, instead be grateful and simply enjoy life. Moving in a new direction means trying again if past option did not work for you. It’s not always what you want to hear when you’re having a tough day, but the reality is that you will have challenges anywhere you go, so keep moving on.

Working hard should not compromise your strength. There are friends and co-teachers who are ready to help. Learn to delegate some of your tasks and learn some technology or techniques that will make your life and paper works easy. There will be times that we need help no matter how good or brilliant we are. Asking help from others makes job better, most of the time.

Finally, teachers must learn to connect and communicate. When loads are too heavy to carry, talking with somebody helps you put at ease, then support and relief will come. It is important for teachers to cultivate relationships with colleagues and friends. Our inability to manage stress may lead to negative health outcome. When we connect with others, the possibility that others will come, care, and rescue us is sufficient.

References:

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